Positive Attitude at Work Practice Course

7 – 11 December 2026
Porto

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Training Center

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Ref: 939_170203 **Date:** 7 – 11 December 2026 **Location:** Porto **Fees:** 5700 Euro

Overview

Positive Attitude at Work Practice Course is a 1-week course for professionals and team members who leave with an Attitude Practice Log. Participants identify attitude triggers, examine self-talk, reframe setbacks with evidence, direct attention toward controllable actions, practice realistic optimism, protect useful energy, and choose constructive workplace responses. The course treats positive attitude as observable practice rather than forced cheerfulness. Agile Leaders Training Center provides this course on positive attitude at work.

Who Should Attend

- Professionals responsible for maintaining constructive behavior during routine pressure and change.
- Team members responsible for responding productively to setbacks and feedback.
- Supervisors responsible for modeling balanced language and practical optimism.
- Customer-facing employees responsible for steady responses during difficult interactions.
- Project contributors responsible for sustaining focus and cooperation when plans change.

The course assumes participants handle everyday workplace demands and leaves out clinical mental-health treatment, general motivation, and advanced leadership instruction.

Departments and Industries

The course supports constructive workplace behavior across service, operational, technical, and professional environments.

- Customer service and sales-support teams
- Operations and administrative departments
- Healthcare and community-service units
- Engineering and maintenance teams
- Technology and project-delivery functions

Learning Objectives

By the end of this course, participants will be able to:

- Analyze attitude triggers and automatic self-talk.
- Apply evidence-based reframing to workplace setbacks.
- Use attention and control-choice practices.
- Build realistic optimism and constructive response options.
- Evaluate energy routines and behavior effects.
- Apply positive work habits to team interactions.

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Course Agenda

Day 1: Attitude Triggers and Observable Behavior

- Attitude Trigger and Response Map
- Automatic Self-Talk Capture Sheet
- Thought, Feeling, and Action Sequence
- Observable Behavior Evidence Checklist
- Personal Attitude Baseline Log

Day 2: Balanced Reframing and Realistic Optimism

- Fact, Interpretation, and Assumption Sort
- Evidence-for-and-Against Reframing Grid
- Balanced Alternative Thought Builder
- Realistic Optimism Scenario Planner
- Setback Learning Question Set

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Day 3: Attention and Constructive Response Choices

- Control, Influence, and Acceptance Map
- Attention Redirection Cue Card
- Pause, Label, and Choose Method
- Constructive Response Option Matrix
- Feedback Interpretation Reset

Day 4: Energy, Habits, and Team Climate

- Work Energy Pattern Tracker
- Positive Refocusing Routine
- Productive Language Replacement List
- Team Climate Behavior Scan
- Positive Work Habit Implementation Plan

Day 5: Positive Attitude Practice

- Suggested Exercise: Trigger and Self-Talk Diagnosis
- Suggested Exercise: Evidence-Based Setback Reframing
- Suggested Exercise: Constructive Response Selection
- Suggested Exercise: Team Climate Behavior Review
- Capstone Exercise: Attitude Practice Log

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Practical Exercises

The course uses suggested activities to convert workplace reactions into balanced and observable choices.

- Suggested activity: record a workplace trigger, automatic thought, and resulting behavior.
- Suggested activity: reframe a setback using facts, assumptions, and a balanced alternative.
- Suggested activity: select a constructive response for a customer or team interaction.
- Suggested activity: test an energy and attention routine during a demanding work period.

FAQs

Who suits Positive Attitude at Work Practice and what does it assume?

Professionals, team members, supervisors, and customer-facing employees suit the course. It assumes experience with everyday workplace demands and excludes clinical treatment, general motivational speaking, and advanced leadership development.

How does positive attitude at work differ from a general motivation course?

Positive attitude at work focuses on triggers, self-talk, evidence-based reframing, attention choices, realistic optimism, and observable responses rather than temporary enthusiasm or motivational messages.

Does positive attitude at work mean ignoring problems?

Positive attitude at work does not ignore problems. It separates facts from interpretations, acknowledges constraints, identifies controllable actions, and chooses a balanced response supported by available evidence.

How can employees reframe negative self-talk at work?

Employees can record the thought, identify its trigger, test it against evidence, distinguish assumptions from facts, and write a balanced alternative linked to a useful next action.

How can positive work habits influence team climate?

Positive work habits influence team climate through steady language, solution-focused questions, proportionate reactions, acknowledgment of progress, and constructive responses to errors, feedback, and changing plans.

Conclusion

Participants take back an Attitude Practice Log linking triggers, self-talk, reframing, attention, energy, and behavior. The log turns positive attitude into repeatable workplace choices rather than a general intention. It also helps participants review how their responses affect cooperation, customer interactions, and team climate.